

International training course

“Outdoor brings more”

18-24 August 2013, Bohinj, Slovenia

ABOUT THE TC

This outdoor training course is for youth workers to improve their competences on using outdoor methods with youngsters to tackle the topic of participation and active citizenship in youth exchanges within the Youth in Action projects.



Outdoor education is often seen as having fun with youngsters outdoors – but there is more to it, outdoor brings more! With an appropriate application of outdoor methods, youth workers can more easily motivate youngsters to participate and achieve greater learning results and outcomes.

During this 5-day training course an international group of youth leaders will participate in an outdoor course, which will be used as an example and experience to reflect upon. These reflections will help the participants to understand better their role, their leadership style within groups and will make them understand the methods used giving them the opportunity to adapt them to their own target groups. Over the course several moments will be used to establish links with theoretical frames in order to facilitate a good and profound understanding.

AIM AND OBJECTIVES OF THE TRAINING COURSE

The main aim of the training course is to encourage youth leaders to effectively use outdoor methods in their future youth exchanges with youngsters, especially for tackling the topic of active citizenship.

By the end of the course, the participants will have:

- ❖ experienced, analysed and reflected upon **experiential learning and outdoor tools as a learning method** and their **transferability** towards their future



- projects and daily work, especially youth exchanges within the Youth in Action programme;
- ❖ understood and got the know-how to use **different theoretical concepts**, which give a support to run outdoor activities for learning;
 - ❖ have learnt **to develop their leadership skills in a way that supports active participation of youngsters**;
 - ❖ and got the know-how to use methods to **tackle the topic of active citizenship and participation** with youngsters;
 - ❖ reflected upon and learnt models about **active citizenship and participation**.

CONTENT OF THE TRAINING COURSE



In the training course participants will explore the differences in how outdoor education is perceived in different countries and/or local environments. They will learn about the effective application of outdoor methods in a project with youngsters, especially in a youth exchange. Participants will also have the opportunity to share their practises, their realities, and to discuss issues of their interest. We would also like to be very clear about one thing to avoid future disappointments: the participants will not learn very technical skills how to paddle or how to climb walls and make safety knots, but they will learn how to use these kinds of activities as efficient

methods to empower youngsters in their future projects. The course will include cycling, canoeing, caving, adrenalin park, and hiking. All special equipment will be available on the spot. Participants are advised to bring comfortable sports clothing and shoes.

PROGRAMME OF THE TRAINING COURSE

The programme will start on the 19th of August 2013 at 9 am and end on the 23rd of August 2013 at cca 5 pm. (Therefore, please note that the arrival and departure days are 18th and 24th of August!) You can find a detailed programme of the TC at the end of this call.

PROFILE OF PARTICIPANTS

The training course is open to youth workers and/or youth leaders from all programme countries of the YiA programme).

Participants have to:

- be youth workers and/or youth leaders with an interest in or some experience of using outdoor methods as a tool for reaching different learning goals and/or interested in reinforcing the educational effects of their outdoor methods in their future YIA projects (especially youth exchanges);
- be new to or at least quite inexperienced in the YIA programme (especially youth exchanges);
- have at least 1 year of experience in working with groups of youngsters;
- be capable of working in English language;

- come from the countries stated above;
- be 18 years old or older.

The maximum number of participants is 24.

APPLICATION DEADLINE AND PROCEDURE

Participants have to apply online via SALTO-YOUTH application system. Direct link to the application form is available in the top right corner of this page:

<http://trainings.salto-youth.net/3551>

(If you do not have a SALTO profile yet, you will have to create it first in order to be able to access the application form. Creation of the SALTO profile is free and will only take a few seconds. Should you experience any problems trying to access the application form please write to info@mva.si.)

The application deadline is 1st of June 2013.

Participants will be informed about the selection latest by the 15th of June 2013.

PRACTICALITIES AND VENUE OF THE SEMINAR

The training course will take place in a Hostel Pod Voglom (<http://www.hostel-podvoglom.com/en>) in Bohinj, Slovenia.

The hostel with basic facilities is situated at one of the most beautiful locations in the national park Triglav - on the south shore of Lake Bohinj, 2 km from Ribčev Laz in the Julian Alps. It is an ideal place for young or adult groups who want to do different outdoor activities and are looking for a simple stay with relaxed atmosphere, peace and beauty in contact with nature.



The participants will be sleeping in basic rooms with 3-4 beds. Every room has its own bathroom and a balcony.

Part of the hostel is also PAC Sports outdoor centre that organises various activities for hostel guests, which we will make a use of during the training course.

FINANCIAL CONDITIONS

Accommodation, food and programme costs will be fully covered by the organisers.

Travel costs to the seminar and back can be covered by the National Agencies of the Youth in Action Programme, so please contact your respective National Agency for more information on this (see the list here: http://ec.europa.eu/youth/youth/doc152_en.htm#sectNAS).

ORGANIZERS

This training course is financed by the EU Youth in Action programme and organized by the Slovenian National Agency of the Youth in Action Programme (MOVIT – Institute for the development of youth mobility, see www.movit.si) in cooperation with the Austrian National Agency of the Youth in Action programme (Interkulturelles Zentrum, see www.iz.or.at).

TEAM OF FACILITATORS

The training course will be run by two professional trainers with extensive experience in the field: Femke Gordijn from the Netherlands, and Wim Vogelaere from France.

MORE INFORMATION

All further information on how to get to the venue will be sent to selected participants only after the selection process is concluded. Should you have further question regarding this activity in order to be able to decide if it fits you, please feel free to contact us at info@mva.si.

OUTDOOR BRINGS MORE – PROGRAM 18 – 24 August 2013, Bohinj, Slovenia

DAY 1, 18 th of August	DAY 2, 19 th of August	DAY 3, 20 th of August	DAY 4, 21 st of August	DAY 5, 22 nd of August	DAY 6, 23 rd of August
ARRIVING	EXPERIENCING	EXPERIENCING	ANALISING	FRAMING	TRANSFERRING
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Arrival of the participants	Welcome and start of the 'outdoor learning journey' Group building through outdoor games	Outdoor & challenges with debriefings	Understanding outdoor education & debriefing – how and why Start own outdoor design	Implementing own outdoor designs	Needs analysis of target group – match with debriefing style and outdoor methods How to implement outdoor activities in your own context
	Lunch	Lunch outdoors	Lunch	Lunch	Lunch
	Outdoor & group dynamic exercises Presentation Youth in Action Programme Reflection	Outdoor expedition Action with debriefings Reflection	Continue own design Group dynamics, leadership, active participation and citizenship Reflection	Continue own activities Review own activities Reflection	Sharing 'actions plans' Youth Pass Written and oral evaluation Closure
	Dinner	Dinner	Dinner	Dinner out	Dinner outside
Welcome evening Get to know each other	Organisational market	Camp fire with international tastes	Solo evening walk	Free time	Goodbye Evening